

Session Materials

Readiness to Change Rulers (Substance Use/Treatment)

DIRECTIONS: On the 1 to 10 point scales below place an “X” on the line above the number that best describes how you feel about the statement.

1. I am ready to reduce my use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		

2. I am ready to stop my use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		

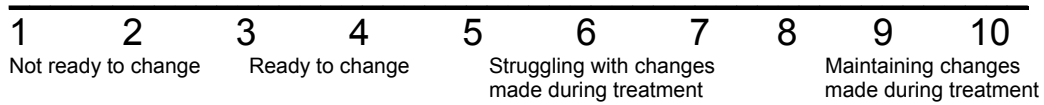
3. I am ready to enter and complete treatment as a way of stopping use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		

Readiness to Change Ruler (Behavior)

DIRECTIONS: Using the line and the numbers below, draw an “X” on the line above the number that best describes how the statement below applies to you.

Thinking about changing my use of alcohol and/or drugs, I am...



Facilitator's Instructions on the Readiness Ruler

Take a few minutes to review the results the participant completed on the "Readiness Ruler" and determine whether the participant:

1. Is not ready to change his substance use (that is,, reduce or stop) based on the scales 1 and 2 from the "Readiness Ruler" (that is, scores 1,2,or 3 — Not at All);
2. Is ambivalent about changing his substance use (reduce or stop) based on the scales 1 and 2 from the "Readiness Ruler" (that is, scores 4,5, or 6 — Somewhat);
3. Is ready to change his substance use (reduce or stop) based on the scales 1 and 2 from the "Readiness Ruler" (that is, scores of 7,8, 9 or 10 — Completely).

OR

4. Is not ready to enter and complete treatment based on scale 3 from the "Readiness Ruler" (that is, scores 1,2,or 3 — Not at All);
5. Is ambivalent about entering and completing treatment based on the scale 3 from the "Readiness Ruler" (that is, scores 4,5, or 6 — Somewhat);
6. Is ready to enter and complete treatment based on scale 3 from the "Readiness Ruler" (that is, scores 7,8, 9 or 10 — Completely).

Based on the above ratings, provide feedback to the participant that they fall into one of three categories for changing substance use or to enter treatment:

- a) Not Ready (or Not At All on the scale);
- b) Ambivalent (or Somewhat on the scale); or
- c) Ready (or Completely on the scale).

The goal is use the motivational enhancement treatment sessions to move the participant along in the right direction of the "Readiness Ruler."

The next session, "Typical Day on the Street" is designed to increase the participant's awareness of the costs and benefits of his substance use before moving to a specific cost/benefit exercise, the "Decisional Balance."

MET Ground Rules

There are a few general ground rules for the group sessions that you will be attending. These ground rules are:

1. Treat all people and points of view with respect, regardless of whether you agree with them or not. Your beliefs/views may sound silly or weird to someone else!
2. Give feedback only if the other person grants you permission to do so. If you have a comment about another group member's views or behavior, you must ask their permission to give your opinion before voicing it. If the other person refuses, keep your opinion to yourself.
3. No violence.
4. Come to group "straight."
5. Everything that you hear in the group should remain in the group.

Good Things/Not-so-good Things About Change Worksheet

Not-so-good things about Treatment	Good things about Treatment

Decisional Balance

Write Behavior Being Evaluated Here ↓	Short-term Pros (Advantages)	Long-term Pros (Advantages)	Short-term Cons (Disadvantages)	Long-term Cons (Disadvantages)

Sample Instruction Table for Facilitator

Decisional Balance

Write Behavior Being Evaluated Here ↓*	Short-term Pros (Advantages)	Long-term Pros (Advantages)	Short-term Cons (Disadvantages)	Long-term Cons (Disadvantages)
Changing	Complete fourth	Complete fourth	Complete second	Complete second
Remaining the same	Complete first	Complete first	Complete third	Complete third

* i.e., “Continue using, “Stop using” always begin decisional balance with the “pros” of continuing current behaviour. Finish up with the “pros” of change.

“It would be really hard for me...”

DIRECTIONS: Complete the following sentence with as many answers as you can think of.

“It would be really hard for me not to use drugs or alcohol when...”

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Commitment to Treatment

DIRECTIONS: On the 1 to 10 point scales below place an “X” on the line above the number that best describes how you feel about the statement.

1. I am committed to reducing my use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		

2. I am committed to stopping my use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		

3. I am committed to entering and completing treatment as a way of stopping use of alcohol and/or drugs.

1	2	3	4	5	6	7	8	9	10
Not at All			Somewhat				Completely		